

Junior Lifeguard Nippers Program

Dates: August 8th – 19th

Time: Monday – Friday 10:30 am to 2:00 pm

This program will consist of similar, yet modified activities and events provided by the longer Junior Lifeguard Program. The Nippers program will include swimming, running, paddle-boarding, ocean safety, and introductions to marine and beach education. All of the activities and events have been altered to coincide with the lower swim requirements and younger age requirement of the participants.

Nippers Calendar August 2011

August 8 Intro to Ocean swimming and Ocean Safety	August 9 Lifeguard Equipment Orientation	August 10 Introduction to Paddleboards	August 11 Marine Education and Into to Lifeguard games	August 12 Relay Competition Day
August 15 Training and Improvement Day	August 16 Paddleboard Adventure and Relay Day	August 17 Biathlon Day	August 18 Intro to Surf Rescues and Rescue Relays	August 19 Inter-Squad Competition